

ARIZONA CTE PROGRAM STANDARDS & MEASUREMENT CRITERIA

SPORTS MEDICINE AND REHABILITATION SERVICES, 51.0800.50	
1.0	USE MEDICAL TERMINOLOGY AS APPLIED IN HEALTHCARE
1.1	Understand medical abbreviations and acronyms commonly used in sports medicine and rehabilitation services
1.2	Use anatomical terms commonly used in sports medicine and rehabilitation services (e.g., position planes and directional movement)
1.3	Use root words, prefixes, and suffixes commonly used in sports medicine and rehabilitation services and state their meaning
2.0	DEMONSTRATE AN UNDERSTANDING OF BODY SYSTEMS AND HUMAN ANATOMY
2.1	Examine the structure and function of the cardiovascular system
2.2	Examine the structure and function of the musculoskeletal system
2.3	Examine the structure and function of the neurological system
2.4	Examine the structure and function of the integumentary system
2.5	Examine the structure and function of axial regions of the body
2.6	Examine the structure and function of upper extremities of the body
2.7	Examine the structure and function of lower extremities of the body
2.8	Analyze the joints and their articular structures
3.0	EVALUATE HEALTH AND PERFORMANCE
3.1	Describe nutritional concepts used to evaluate dietary intake and physical composition [e.g., 6 basic components of food (protein, carbohydrates, fats, vitamin, minerals, water)]
3.2	Explain nutritional concepts in relation to basic nutrient caloric intake
3.3	Explain nutrition and exercise as related to special populations (e.g., diabetics, vegetarianism, and athletes who gain and lose weight)
3.4	Describe general rules of athletic hydration (e.g., pre-practice/competition, competition, and post-practice/competition)
3.5	Interpret tests used to determine fitness for cardiorespiratory endurance, strength, flexibility, and body composition (appropriate fat values)
3.6	Examine the use of supplements and performance enhancers and their safety and efficacy
3.7	Develop a personal fitness plan based on the evaluation of an individual's fitness
3.8	Explain general strength and conditioning training principles
4.0	DEMONSTRATE SAFETY AND INFECTION CONTROL

These standards were validated by a Technical Standards Validation Committee on February 26, 2014. First testing date using the new standards will be Fall 2015.

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4.1	Describe maintaining a safe and sanitary treatment area, including the use of disinfectants, antiseptics, and sanitization techniques
4.2	Identify body fluids that require universal precaution
4.3	Use guidelines for universal precautions to avoid contact with body fluids (e.g., use of PPE equipment)
4.4	Describe how to dispose of wound care cleaning supplies and sharps
4.5	Use proper hand-washing techniques
4.6	Apply strategies of risk management according to OSHA compliance, SDS chemical management, and injury and illness compliance solutions
4.7	Demonstrate proper procedures for removing and transporting an injured patient/client, including the use of proper body mechanics (e.g., logroll, spine board, stretcher)
4.8	Select personal protective equipment that prevent, support, or treat injuries and conditions (e.g., headgear, mouth guards, shoulder pads, eyewear, thigh and knee pads, shin guards)
5.0	MANAGE ACUTE CARE EMERGENCY AND NON-EMERGENCY SITUATIONS
5.1	Assess vital signs (normal vs. abnormal) (e.g., pulse, respirations, skin, pupils, blood pressure)
5.2	Describe sudden illnesses and their treatment (e.g., fainting, seizures, diabetic shock, anaphylactic shock)
5.3	Recognize cause, signs, symptoms, and treatment of environmentally-related emergencies (e.g., effects of heat and cold)
5.4	Perform CPR (cardiopulmonary resuscitation) and AED (automated external defibrillator) procedures for infants, children, and adults
5.5	Demonstrate common taping techniques that prevent, support, or treat injuries and conditions
5.6	Describe common open and closed skin wounds, including controlled bleeding control techniques (e.g., abrasions, incisions, lacerations, punctures, and blisters)
5.7	Demonstrate proper wound care (e.g., cleaning, bandaging, and dressing)
5.8	Demonstrate splinting techniques (e.g. soft, rigid, anatomical)
5.9	Explain the principals of triage with numerous injuries
5.10	Describe key components of emergency action plans and conditions for activation
5.11	Describe the appropriate supplies for an athletic first-aid kit
6.0	ASSESS THE IMPACT OF INJURIES, SPORTS TRAUMA, AND PHYSICAL DYSFUNCTIONS AND DISORDERS
6.1	Use the injury assessment and evaluation process [e.g., H.O.P.S. (history, observation, palpation, special tests)]
6.2	Understand signs and symptoms and identify injuries to the head
6.3	Understand signs and symptoms and identify injuries to axial regions

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6.4	Understand signs and symptoms and identify injuries to upper body extremity
6.5	Understand signs and symptoms and identify injuries to lower body extremity
6.6	Recognize the etiology (mechanism of injury)for common physical injuries
6.7	Identify and describe common special tests used to evaluate joints (e.g., ligament, valgus and varus, anterior and posterior drawer, apprehension)
6.8	Analyze the tissues' response to injury
6.9	Investigate the cause of secondary injuries (e.g., gait and carrying capacity)
6.10	Demonstrate the proper use of PRICE (protection, rest, ice, compression, and elevation)
7.0	APPLY THERAPEUTIC EXERCISE, TRAINING, AND RECONDITIONING
7.1	Differentiate among various kinds of exercises (e.g., isometric, isotonic, manual resistance, isokinetic, circuit training)
7.2	Consider indications, contraindications, and safety precautions in strength, conditioning, and exercise activities (e.g., isotonic, isometric, and isokinetic)
7.3	Describe types of stretching and flexibility strategies (e.g., static, ballistic, dynamic, proprioceptive neuromuscular facilitation)
7.4	Explain strength, mobility, and balance as related to performance and injury prevention
7.5	Apply appropriate rehabilitation progression [e.g., return- to-play criteria (full strength, free from pain, skill performance tests, emotional readiness)]
8.0	DEMONSTRATE AN UNDERSTANDING OF THERAPEUTIC MODALITIES AND PAIN MANAGEMENT
8.1	Prepare the patient/client for treatment expectations, physiological changes, and special instructions for specific modality/therapy usage
8.2	Explain indications, contraindications, safety precautions, and applications related to modalities (e.g., thermotherapy, cryotherapy, electric stimulation, ultrasound, hydrotherapy, compression)
8.3	Explain indications, contraindications, safety precautions, and proper techniques for gait training (e.g., weight bearing assistive device, prosthetics, orthotic devices, crutches and canes)
8.4	Analyze methods of managing pain, including medication and complementary approaches
8.5	Distinguish among pain characteristics (sharp, dull, or achy; stabbing or throbbing; constant, cramping, or intermittent) and assess pain level using a rating scale (e.g., 1-10 scale; smiley face scale)
9.0	APPLY PSYCHOLOGICAL TECHNIQUES TO PHYSICAL PERFORMANCE INJURY EVALUATION AND REHABILITATION
9.1	Describe emotional/psychological responses to injury and rehabilitation (e.g., depression, anxiety, fear)
9.2	Explain motivational techniques for physical conditioning and rehabilitation (e.g., goal-setting, positive reinforcement, celebrate successes)
9.3	Determine psychological needs of special populations [e.g., eating disorders, TBI (traumatic brain injury), and career-ending conditions]
10.0	DEMONSTRATE HEALTHCARE ORGANIZATION AND ADMINISTRATION ACTIVITIES

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10.1	Report the results of observations and treatments [e.g., EMR (electronic medical record); SOAP (subjective, objective, assessment, and plan); and daily treatment records]
10.2	Describe the basics of health insurance (e.g., co-pay, third-party payment, reimbursement)
10.3	Understand the process of procurement, maintenance, and inventory of supplies and equipment
10.4	Identify and use common resources to stay current with advances in healthcare
10.5	Assess the benefits of active involvement in local, state, and national associations and organizations
10.6	Evaluate methods to protect patients' rights through legal, moral, and ethical measures (e.g., HIPPA, legal liability, and malpractice)